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Denzel was a loner making 'The Magnificent Seven.' 20

Yankees' season still a success. 27

Go to www.metro.us/round1 and tell us who you feel won the debate.

PULLING NO PUNCHES

Hillary Clinton and Donald Trump took to the stage for the first of three presidential debates. 2

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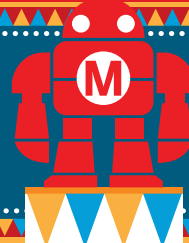
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3 things you need to know

KERRY DEFENDS HIS DIPLOMACY

Secretary of State John Kerry defended his efforts to negotiate with Moscow over the war in Syria on Monday, despite the collapse of a cease-fire that has led to a massive Russian-backed assault on the besieged rebel-held sector of Aleppo. Medical supplies were running out in eastern Aleppo, with victims pouring into barely functioning hospitals as Russia and its ally President Bashar al-Assad ignored Western pleas to stop the bombing of the last major urban area in opposition hands. Moscow and Damascus launched their assault last week despite months of negotiations led by Kerry that resulted in a short-lived cease-fire this month. The secretary of state's diplomatic overtures to Moscow had faced scepticism, including from other senior officials within the U.S. administration. Kerry said his failed cease-fire was not the cause of the fighting, and the only way to stop the war was to talk. He lashed back at critics, including Republican Sen. John McCain, who described him last week as "intrepid but delusional" for putting too much faith in Russia. **REUTERS**



TROUBLED LAWYER SHOOTS NINE IN HOUSTON BEFORE BEING KILLED

A troubled lawyer opened fire on morning commuters in Houston on Monday, injuring at least nine people before being fatally shot by police, authorities said. Six victims were taken to hospitals and three were treated at the scene after being shot at while inside their vehicles in the wealthy neighborhood of West University Place, acting Houston Police Chief Martha Montalvo told reporters. One of the victims was in critical condition and another was in serious condition. Montalvo declined to identify the suspect but said he was a lawyer. She said the FBI was assisting with the investigation and did not mention terrorism as a motive. Houston Mayor Sylvester Turner, in Cuba on a trip to develop trade relations, told reporters, "The motivation appears to be a lawyer whose relationship with his law firm went bad." **REUTERS**

JURY SELECTION BEGINS IN US CASE AGAINST CHURCH SHOOTER

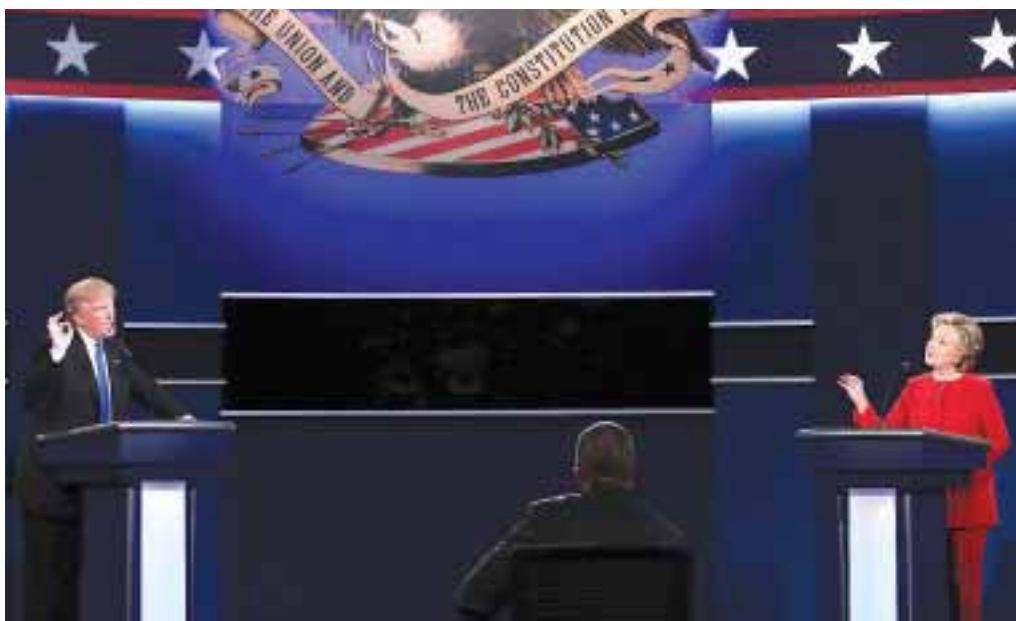
Several hundred people reported to the U.S. courthouse in Charleston, South Carolina, on Monday for the start of jury selection in the death penalty case against a white man who shot dead nine black parishioners in a church in June 2015. Prosecutors have said the man, Dylann Roof, 22, is an avowed white supremacist who carried out a racially motivated attack. Defense lawyers have said he would plead guilty if prosecutors agreed not to seek the death penalty. Roof sat in shackles and kept his head down as U.S. District Judge Richard Gergel explained the timeline for the trial, which begins on Nov. 7. **REUTERS**



METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to www.metro.us/news-quiz to submit your answers.

1. What does a new law allow deceased New Yorkers to do?
2. Who are the only "real" contenders in the NFL, according to columnist Matt Burke?
3. Which member of the Strokes helped the Growlers grow up?



Republican presidential nominee Donald Trump speaks as Democratic presidential nominee Hillary Clinton and moderator Lester Holt listen during the Presidential Debate at Hofstra University on Monday night in Hempstead, New York **GETTY IMAGES**

Candidates live up to expectations of bitter presidential debate

At one point after being interrupted by Trump, Clinton told him: "Just join the debate by saying more crazy things."



AMANDA MIKELBERG and GARY KANE
@metro.us

Hillary Clinton shook hands with Donald Trump and then kicked off the first presidential debate between them by accusing her Republican opponent of proposing "Trumped-up trickle down" economic solutions.

Clinton was given the first question of the debate and seized the opportunity to attack Trump's position on the economy.

Trump responded by promising to create 25 million jobs by reducing taxes paid by businesses and renegotiating trade deals. He quickly pointed to jobs lost to China, Mexico and other countries.

"Our jobs are fleeing the country," Trump responded, adding that "there's nobody in govern-

ment to fight that."

Clinton argued that Trump will pander to big business at the expense of the middle class. She said that she would raise the minimum wage and support small businesses.

"I want us to invest in you; I want us to invest in your future," she said.

Trump consistently interrupted Clinton, prompting her to remark to him: "Just join the debate by saying more crazy things."

On the issue of race, Trump continued to emphasize the importance of law and order, saying that the African-American neighborhoods in American cities are being "decimated" by crime.

"There's some very bad things going on, so we need law and order," he said.

Clinton asserted that Trump paints a "dire, negative" picture of black communities and fails to recognize the accomplishments of African-Americans. She stressed that a singularly law-and-order approach has led to the incarceration of a disproportionate number of mi-

norities.

"We've got to address the systemic racism in our criminal justice system," she said.

Official poll numbers reflecting the impact of last night's debate will not be out for a few days, but be assured that it will factor significantly in the candidates' standings.

"The evidence overwhelmingly indicates that the most important debate, at least in terms of information acquisition, is the first debate," political scientist Thomas Holbrook wrote. "The first debate is held at a time when voters have less information at their disposal and a larger share of voters are likely to be undecided."

The image Trump's presented of his political preparedness to take office was tested. The debate also demonstrated how Clinton's likability and strength of personality compared to a man whose ego preceded him into the campaign.

Before the debate, their images were filtered and framed by the media, and by propaganda cre-

ated largely by their supporters and critics. At the debate, it was their own actions and words that shaped the public's perception — supposedly, the "real" Clinton and Trump.

In the last few weeks Trump has gained on Clinton. He's been cooperating with his advisers and staying on message. The same advisers who prepped him for last night know that the public's impression of his preparedness for the presidency would be solidified. In a few days the polls will reveal if he accomplished that.

Ultimately, the candidates' goal was to sway the undecided voters who make up a huge 36 percent of the electorate right now.

"This year's surplus of undecided voters is not composed primarily of people certain to vote who are trying to decide between Clinton or Trump. Many of them are trying to decide whether to vote or not," New York magazine's Ed Kilgore said.

Debating the Debate: Go to www.metro.us/round1 and tell us who you feel won the debate.

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City launches first campaign promoting Muslim human rights

The “I Am Muslim” ads hit Facebook, Instagram and Twitter on Monday.



AMANDA MIKELBERG
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amanda.mikelsberg@metro.us

In the wake of several instances of Islamophobic violence in New York City, and against the backdrop of an election that questions the rights of Muslims in the U.S., the city launched a multipronged campaign Monday to confront hate and promote respect.

Mayor Bill de Blasio and the NYC Commission on Human Rights created the campaign, the first Muslim-specific tolerance initiative, to promote “respect, understanding and support for the city’s diverse communities.” It begins with a series of social media ads on Facebook, Instagram and Twitter that state “I am Muslim. I am NYC” along with the photo of a real Muslim New Yorker, and the hashtag #IAmMuslimNYC.

The social media



NYC PROVIDED

campaign was designed to underscore anti-discrimination protections under the NYC Human Rights Law that have been in place since 1945. The ads go to NYCgov/iammuslimnyc, that will list the full program of resources, events and calls-to-action planned through the initiative.

As news of terrorism continues to overwhelm the perception

of Islam, anti-Muslim attacks and threats in the U.S. have surged, records and research shows. More than 3.3 million Muslims live in the U.S., and an estimated 600,000 live in New York. This initiative is dedicated to making sure their lives are as free and safe as all other groups.

“To combat xenophobia and Islamophobia,

we must come together in solidarity to develop strategies against it,” said Commissioner Nisha Agarwal of the Mayor’s Office of Immigrant Affairs in a statement to the news media. “Our recent convening with Muslim community leaders, immigrant advocates, and refugee rights advocates is leading to the creation of a shared ac-

tion plan.”

The campaign will continue into 2017 and include a series of educational programs aimed at building trust and awareness of the rights of Muslim New Yorkers.

“These bold new ads affirm every Muslim New Yorker’s right to live safely and free from discrimination,” Carmelyn P. Malalis,

chair and commissioner of the NYC Commission on Human Rights, said in an email. “They also show that Muslims are hardworking New Yorkers just like you and me. They are our police, our teachers, our small business owners and our neighbors and they deserve the same respect as everyone else.”

BRIEF

Forty-four injured, three seriously, in Lincoln Tunnel bus crash

Two New Jersey Transit buses collided Monday morning in the Lincoln Tunnel, leaving dozens injured and commuters stuck in traffic, reports said.

The FDNY said 44 passengers were injured in the crash—of those 41 were considered minor and three serious.

The driver of one bus was ticketed for an improper lane change, authorities said.

A 127 line bus from Ridgefield to the Port Authority Bus Terminal rear-ended a bus on the 128 line from North Hudson Park in Fairview to the Port Authority, ABC7 reported.

A Port Authority spokesman told NBC4 that a door of one bus had to be cut open to remove the passengers.

Inbound traffic was diverted



GETTY IMAGES/J

to the south tube of the tunnel, the station added, causing delays of nearly two hours.

Bus service to and from the Port Authority Bus Terminal experienced delays of up to 30 minutes, according to ABC7.

Both buses were removed by 10:25 a.m., with the center tube reopening around an hour later, Fox5 reported.

CRISTABELLE TUMOLA

‘Bridgegate’ witness says Christie campaign manager knew of plot

The one-line email to David Wildstein, an executive at the Port Authority of New York and New Jersey, arrived at 7:35 a.m. on Aug. 13, 2013.

“Time for some traffic problems in Fort Lee,” wrote Bridget Anne Kelly, a top aide to New Jersey Gov. Chris Christie.

Weeks later, thousands of cars were stuck in a mammoth traffic jam on the George Washington Bridge, after Wildstein had executed the plan, he testified on Monday in federal court in Newark, New Jersey, to punish the town’s mayor for

refusing to back Christie’s re-election bid.

The testimony came as prosecutors continued to present evidence against Kelly and Bill Baroni, another Port Authority executive. Both Baroni and David Wildstein were Christie appointees.

Wildstein also testified that Bill Stepien, the campaign manager for both Christie’s successful gubernatorial runs, knew about the plot. Stepien is now an adviser to the campaign of Republican presidential nominee Donald Trump.

The two defendants face charges including

conspiracy and fraud. Wildstein has pleaded guilty and is cooperating with prosecutors.

Though Wildstein conceived the plan, he said he was acting with the approval of Baroni, his superior at the Port Authority, and Kelly.

“Ms. Kelly was the deputy chief of staff to the governor,” he said. “She was among the people I considered my boss.”

After Kelly’s email set the plan in motion, Wildstein said Stepien asked about a cover story. Wildstein testified that he told Stepien he would invent a fake traffic study.

In an email, Stepien’s

lawyer, Kevin Marino, said his client had “no role” in the scheme and has not been charged despite an exhaustive government investigation.

“Mr. Wildstein’s sad and self-serving accusations from the witness stand may help him avoid prison for his admitted crimes, but they will not help the jury or the public learn the truth,” Marino added.

On Friday, Wildstein outlined how Christie’s office turned the Port Authority into a “goodie bag” from which to dispense favors to favored local officials.

REUTERS

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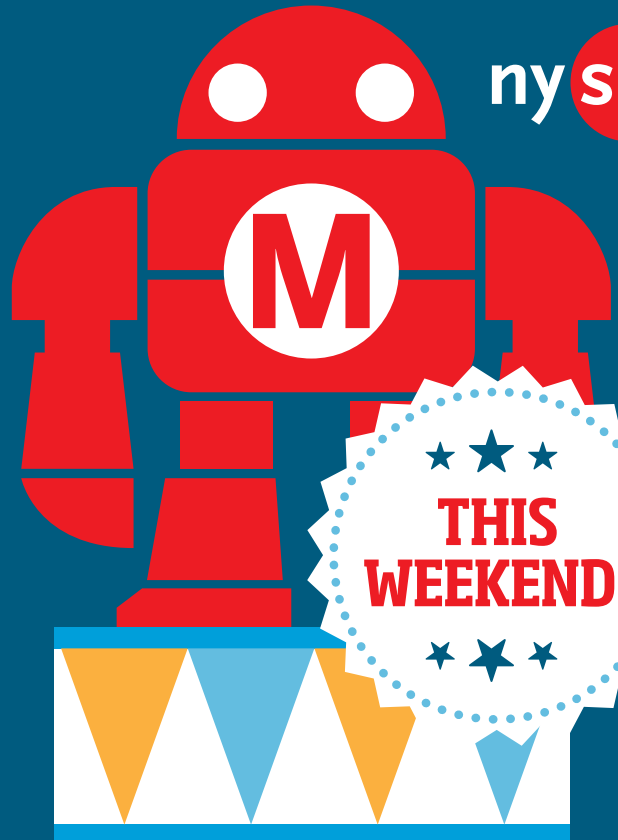
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Students create films about cyberbullying for film competition

"We need to educate teens and parents about cyberbullying so that we can ensure what happened to Tyler doesn't happen to anyone else," said Jane Clementi, founder and board member of the Tyler Clementi Foundation.



KIMBERLY M. AQUILINA
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Students in New York City have a chance to share their experiences with cyberbullying thanks to funding from AT&T and the Tyler Clementi Foundation, a nonprofit that works to end online and offline bullying in schools and the workplace, according to the organization.

To highlight the impact of cyberbullying during National Cyberbullying Prevention Month, students from Mythic Bridge, Stuyvesant High School and the Digital Arts and Cinema Technology High School will shoot, edit and produce eight-minute films. Their films will be entered in the



One of the film submissions is called "Real World." YOUTUBE/ALL AMERICAN HIGH SCHOOL FILM FESTIVAL

All-American High School Film Festival Film Invitational Competition and the winner will be announced on Oct. 9.

"My son Tyler's story brought cyberbullying onto the national stage, but we know that he is unfortunately far from alone in experiencing its devastating impact. We need to educate teens and parents about cyberbullying so that we

can ensure what happened to Tyler doesn't happen to anyone else," said Jane Clementi, founder and board member of the Tyler Clementi Foundation, said. "We know that peer-to-peer communication is the most effective tool to combat cyberbullying — these films will truly have the power to help save lives."

Cyberbullying is one issue that might make

one pause and wonder if humans are fit to use the internet, a vast marketplace of ideas. A risk behavior study from the CDC found that 15 percent of high school students were electronically bullied in 2012. A study released in March by AT&T and the Tyler Clementi Foundation found that nearly half of New York City teens have either experienced cyberbully-

ing or know someone who has.

According to Stop bullying.gov, kids who are cyberbullied are more likely to skip school, have poor grades, low self-esteem, more health problems and experience in-person bullying.

"We need to raise awareness about the damaging effects of cyberbullying," said AT&T New York State

President Marissa Shorenstein. "This financial support means local students and teams can compete who might otherwise not be able to do so. We believe this will help educate America's youth and make the internet a safer place for all."

According to AT&T, the company awarded the aid based on demographic data, adviser interviews and case-by-case assessments. You will be able to view the winning film free of charge through AT&T Digital You, a program that promotes safe online interactions.

The student teams are competing for \$26,000 in cash prizes, which will be awarded to their schools or programs.

"Cyberbullying is an issue that today's generation of rising filmmakers has faced more than any other before," said Julie Menin, commissioner of the NYC Mayor's Office for Media and Entertainment. "That is exactly why this film festival is so important — it will allow them to use the power of film and their unique perspectives to spread awareness of the cyberbullying epidemic, and teach teens to help each other combat online harassment."

New law allows you and Fido to someday share a casket

If your children are furry and have names like Muffy or Beauregard the Basset, Gov. Andrew Cuomo has good news.

Cuomo signed legislation on Monday allowing New Yorkers to be buried with their pets at not-for-profit cemeteries. There are 1,900 not-for-profit cemeteries that the New York State Cemetery Board and the Department of State regulate. There are more than 4,000 municipal, religious, family and private cemeteries that do not have to adopt



GETTY IMAGES

this change.

"For many New Yorkers, their pets are members of the family," Cuomo said. "This legis-

lation will roll back this unnecessary regulation and give cemeteries the option to honor the last wishes of pet lovers

across New York."

The new law will allow humans to be buried with the cremated ashes of their pets in the same grave. The law previously stated that pets were not allowed to be buried in human cemeteries, but humans could be buried in pet cemeteries, according to a spokeswoman from the governor's office.

"For years now, New Yorkers have desired to have their pets interred in their grave, and cemeteries will now be able to offer this burial option as a result of this new law,"

Sen. Michael H. Ranzhofer (R-Amhurst) said.

The pet cannot be buried in a separate plot or before his or her owner, the spokeswoman added.

Fees for the service are up to the individual cemetery, but the new bill states that the cemetery must place all payments for the pet interment in its permanent maintenance fund.

While perpetual care funds cover the maintenance of individual sites, the permanent maintenance fund allows for overall care of

the cemetery, according to the Department of State Division of Cemeteries' website. The cemetery is only permitted to spend the interest on this fund.

"When this bill becomes law, owners and their pets will finally be allowed to have their pet interred with them," outgoing Assemblyman James F. Brennan (D-Brooklyn) said. "The pet/caregiver relationship is a very special one and I am happy that this relationship will finally be honored."

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Video screen grabs of the two suspects. NYPD

Pair beat man with brass knuckles in Columbus Circle subway robbery

The suspects took \$350 before fleeing the station on a southbound A train.



CRISTABELLE TUMOLA
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Police are looking for two suspects who they say robbed and assaulted a man at the Columbus Circle subway station early Sunday morning using brass knuckles.

The victim, 25, was inside the A train station at about 5 a.m. when he was approached by the suspects who knocked him to the ground, police said. They then punched and kicked the victim while he was on the floor. Ac-

cording to authorities, one of the suspects wore brass knuckles during the beating.

The suspects took \$350 before fleeing the station on a southbound A train.

Police said the victim suffered bruising and lacerations to his face, and was treated at an area hospital.

Both suspects are described as male, Hispanic, in their 30s and 5-foot-8 to 5-foot-10. The first suspect was last seen wearing a gray hooded sweater and light-colored pants, while the second was wearing a gray T-shirt, black long-sleeved undershirt and black pants.

Anyone with information in regards to this incident is asked to call

the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782). The public can also submit their tips by logging onto the Crime Stoppers website or by texting their tips to 274637 (CRIMES) then entering TIP577. All calls are strictly confidential.



GETTY IMAGES

BRIEF

Police: Possibly intoxicated woman falls to death from Midtown building roof

A woman plummeted to her death early Sunday morning from the roof of her Midtown West apartment building after she may have been drinking, police sources said.

Elena Gladkikh, 27, fell five stories from the building on 37th Street near 10th Avenue just before 9 a.m., police said.



Elena Gladkikh's Midtown building.}}
GOOGLE MAPS

EMS rushed her to Bellevue, where she later succumbed to her injuries.

Gladkikh, a Mary Kay beauty consultant, according to reports, may have been at a bar before the fall, a police source said. The New York Post also reported that Gladkikh was found in just her underwear and bra when she fell.

Police believe the fall was accidental, and the medical examiner will determine the cause of death.

CRISTABELLE TUMOLA

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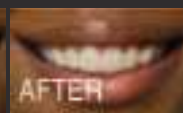
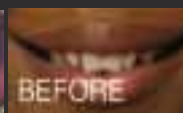
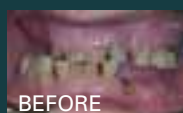
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Bipolar BU student missing in NYC for eight days

Zachary Camhi is an award-winning classical musician.

AMANDA MIKELBERG
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A desperate search continues for 25-year-old Boston University grad student Zachary Camhi who went missing on Sept. 18 in New York City.

Zac is said to be an award-winning classical musician who speaks English, Spanish and Portuguese.

He suffers from bipolar disorder and needs medication, which — along with his phone and his wallet — he did not have with him when he vanished.

"If you met Zac on the street, you would find him to be the friendliest, most charming, kind individual you have ever met," his friend Travis Rapoza wrote in a Facebook post about

Zac's disappearance.

His last confirmed sighting was around 5 a.m. that Sunday, leaving East Side W. Hotel near East 49th Street and Lexington Avenue. A missing person poster has circulated that says he might have been spotted between noon and 1 p.m. on Sept. 22 at Bryant Park. He was wearing a maroon button-down shirt and dark slacks, which he is wearing in the photos on his missing person poster.

"Zac is not your typical person in any sense: He is a prodigiously talented double-bassist and he studies with the principal bassist of the Boston Symphony Orchestra," Rapoza said.

Rapoza tells Metro that a small search committee of friends combed midtown Manhattan on Sunday and that several homeless individuals were "adamant" that they saw him near Bryant Park, Penn



Zachary Camhi. MISSING PERSON POSTER

Station and Lincoln Center.

He might have been seen at Lincoln Center on the day he went missing wearing hospital clothes, which might mean he checked himself in and out of a facility. However, because he is not taking his medication, he might be making unreasonable decisions, Rapoza said.

Anyone with information about Zac can confidentially report it using the NYPD's Crime Stoppers website or by anonymously calling the Crime Stoppers Hotline at 1-800-577-TIPS (8477). Tips can also be text messaged to the NYPD by texting 274637 (CRIMES), then entering TIP577.

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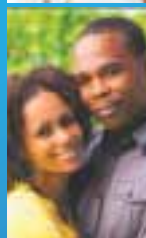
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*Eiji Yamashita et al., "The effects of a dietary supplement containing astaxanthin on skin condition"; Carotenoid Science, Vol 10 (2006).

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Man confessed to Washington state mall shooting

Turkish-born Arcan Cetin, a legal U.S. permanent resident, was charged with five counts of first-degree murder Monday in a brief hearing in Skagit County District Court in Mount Vernon, Washington, and ordered held on \$2 million bail.



Arcan Cetin FACEBOOK

A 20-year-old man confessed to killing five people in a shooting rampage at a shopping mall in Burlington, Washington, prosecutors said in court documents filed Monday.

According to charging documents, while being questioned by investigators, Cetin admitted

bringing a rifle into a Macy's store in Burlington on Friday evening and shooting five people.

Cetin was taken into custody without incident Saturday evening in Oak Harbor, about 30 miles southwest of Burlington.

Cetin was described at the time of his arrest as "zombie-like" and a motive for the shooting remains unclear. The FBI

previously said it had no indication the attack was a "terrorism act" but it could not rule out the possibility.

Police allege Cetin opened fire in the cosmetics section of a Macy's department store at Cascade Mall, killing four women and a man.

Surveillance video showed Cetin entering the mall without a rifle but he was later spotted on video in the store brandishing a weapon, police said. The rifle was recovered at the mall.

The attack followed a series of violent outbursts at shopping centers across the United States, including the stabbing of nine people at one in Minnesota on Sept. 17.

REUTERS

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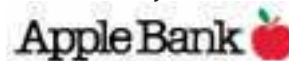
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Pipeline fight hangs over tribal summit

The uproar over the Dakota Access pipeline has sparked a resurgence in Native-American activism.

The Obama administration will soon ask federal agencies to require that treaty rights be

considered in decision-making on natural resource projects, Interior Secretary Sally Jewell said Monday, hoping to avoid future conflicts with Native-American tribes such as the current one over the Dakota Access pipeline.

Jewell announced a forthcoming memorandum from President

Barack Obama at a Tribal Nations Conference — the eighth and final one he will attend — that began on Monday. Leaders of more than 560 Native American tribes are discussing the environment among other issues as one of the largest Native-American protests in decades continues in North Dakota.

“Your voices are important,” Jewell said in her opening remarks to the tribal leaders’ summit, which included many youth groups. “The president gets this.”

The interior secretary acknowledged the demonstrations by thousands of Native Americans and environmentalists against the \$3.7



President Barack Obama GETTY IMAGES

billion oil pipeline they say threatens the water supply and sacred sites of the Standing Rock Sioux. She praised “the unprecedented solidarity” through weeks of “prayerful and peaceful assembly to make your voices heard.”

She also recognized to wide applause the chairman of the Standing Rock Sioux tribe, Dave Archambault, who has been the face of the demonstrations.

“What we have today is an opportunity to ask ourselves if we are doing all we can to live up to those principles of the nation-to-nation relationship,” she said.

The Justice and Interior Departments on Monday announced settlements with 17 tribes that had sued the U.S. government for allegedly mismanaging monetary assets and natural resources that the government held in trust for the tribes.

The “vast majority” of all such disputes have been settled, according to the government, which has paid \$1.9 billion to resolve the cases that go back to April 2012.

Obama has not publicly commented on the pipeline since the Justice Department, Interior Department and the U.S. Army made a surprise move on Sept. 9 to temporarily block its construction. At that time, the administration called for “a serious discussion” about how

“What we have today is an opportunity to ask ourselves if we are doing all we can to live up to those principles of the nation-to-nation relationship.”

Jewell

tribes are consulted by the government on decisions over major infrastructure projects.

The Army, Interior and Justice will hold hearings on the shortcomings of the present process Oct. 11, and formal discussions with tribes in six U.S. regions from Oct. 25 through Nov. 21.

The deadline for written comments will be Nov. 30, the agencies announced.

On Thursday, Archambault told a House of Representatives panel there was no “meaningful consultation” before permits were issued to bring the pipeline through his tribe’s territory.

Archambault is scheduled to speak Monday evening at a rally of pipeline opponents.

REUTERS

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Hospitals overwhelmed by wounded in Aleppo as Russia ignores Western pleas

The Syrian government offensive to recapture Aleppo, with Russian air support and Iranian ground support, has been accompanied by bombing that residents say is unprecedented in its ferocity.

Medical supplies were running out in the besieged rebel-held sector of Aleppo, with victims pouring into barely functioning hospitals as an all-out Russian-backed assault entered its fourth day and Moscow ignored Western pleas to stop.

Some 250,000 civilians remain trapped in the besieged, opposition-held sector of Syria's biggest city. Hundreds of people, including dozens of children, have been reported killed since Thursday

night by an onslaught that has included massive bunker-busting bombs that bring down whole buildings on people huddled inside.

The United States has called Russia's actions in support of President Bashar al-Assad "barbarism." Moscow denies it is killing civilians, saying such rhetoric from the West could damage the chances of solving the conflict.

"Aleppo city's hospitals are overwhelmed with wounded people ... Things are starting to run out," said Aref al-Aref, a medical worker, who spoke from Aleppo.

"We are unable to bring anything in ... not equipment and not even medical staff. Some medical staff are in the countryside, unable to come in because of the siege," he said.

Western countries say



A wounded kid is seen after Syrian and Russian armies carried out an airstrike in Aleppo, Syria, on Monday. GETTY IMAGES

Russia may be guilty of war crimes for targeting medics and aid supplies. Moscow and Damascus say they are bombing only militants. Video from Aleppo has repeatedly shown small children being dug out of the rubble of collapsed buildings.

Bebars Mishal, a civil defense worker in rebel-held Aleppo, said over-

"Everybody is scared ... unable to go out. They don't know what to do, or where to go."

Mishal

night bombardment continued until 6 a.m.

"It's the same situation. Especially at night, the bombardment intensifies, it becomes more violent, using all kinds of weapons, phosphorous and napalm and cluster bombs," Mishal said.

"Now, there's just the helicopter, and God only knows where it will bomb. God knows which building will collapse," he said.

Russia and Assad appear to have abandoned diplomacy last week, betting instead on delivering a decisive military blow against the president's enemies on the battlefield.

Capturing rebel districts of Aleppo would mark the biggest victory of the civil war for Assad, crushing the revolt in its last major urban stronghold.

Syrian government forces helped by Russian air power and Iranian-backed militias have gradually been tightening their grip on eastern Aleppo this year. They launched the all-out assault on the city last week after abandoning a cease-fire announced earlier this month by Moscow and Washington.

Indicating there would be no respite soon, the Syrian army issued a statement reiterating its call for civilians to steer clear of rebel positions and bases in eastern Aleppo.

The Syrian Observatory for Human Rights, a monitoring body, says at least 237 people, including at least 38 children, have

been killed in Aleppo and nearby countryside since the end of the ceasefire a week ago. Civil defense workers in opposition territory put the death toll at 400.

The rebel-held sector of Aleppo is completely encircled, making it impossible to receive supplies. The Syrian American Medical Society (SAMS) charity group said this week in a statement that only 30 doctors remain inside.

"We have patients who will die in the dozens if they are not evacuated," Osama Abo Ezz, a general surgeon and Aleppo coordinator for SAMS, told Reuters, speaking from an area near Aleppo.

"The medical staff is insufficient and completely exhausted. The blood bank refrigerators are completely empty. Vital medicines have almost run out. The ICU beds are insufficient and always full. The CT scanner is out of order," he said.

A Syrian military source told Reuters that weapons were being used that could destroy rebel tunnels and bunkers, dug in during years of opposition control.

A water pumping station serving eastern Aleppo has also been destroyed. A spokesman for the World Health Organization said a technical mission was visiting the station to assess damage.

"We don't know how long it will take to restore the functionality," said the spokesman, Tarik Jasarevic.

REUTERS

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FBI: Violent crime in US rose in 2015 but far from peak levels

Violent crime in the United States increased in 2015 but remained far below peak levels of the 1990s, the FBI said on Monday as presidential candidates Hillary Clinton and Donald Trump prepared for a debate that is likely to focus on public safety.

The FBI's annual report showed that the prevalence of murder, rape and assault edged up last year after decreasing for decades.

At 372.6 incidents per 100,000 people, the 2015 violent-crime rate is higher than the 2014 rate of 361.6 but well below the levels of the last decade, which never dipped below 400. The increase was most pronounced in big cities, the report found.

Coming on the day of the first debate between Republican Donald Trump and Democrat Hillary Clinton, the report could "be turned into political football," said Robert Smith, a research fellow at Harvard Law School, in a teleconference on Friday with other crime experts.

Trump last week praised aggressive policing, including stop-and-frisk tactics that critics say unfairly target minorities.

Clinton has pushed for stricter gun control to help curb violence and has called for national guidelines on



New York police stand near the scene of a murder. GETTY IMAGES

the use of force by police officers.

In 2015, there were an estimated 15,696 murders in the United States compared with an estimated 14,164 the prior year, according to the report. Last year's crime rate was still lower than in 2012 and earlier years, the FBI found.

Crime was highest in the southern United States, the report found. At 45.9 per 100,000 people, the murder and manslaughter rate in the region was more than twice as high as in the West, the Midwest and the Northeast, according to the FBI. Rates of rape, assault and property crime were dramatically higher as well.

FBI Director James Comey warned last year that violent crime in the United States might rise because increased scrutiny of policing tactics had created a "chill wind" that discouraged

officers from using aggressive tactics.

The rise in crime has been concentrated in big cities' segregated and impoverished neighborhoods. Experts said crime there can best be fought through better community policing and alternatives to incarceration for nonviolent crime.

"We're just beginning to see a shift in mentality in law enforcement from a warrior mentality ... to a guardian mentality," Carter Stewart, a former prosecutor for the Southern District of Ohio, said in a teleconference. "I don't want us as a country to go backwards."

In Chicago, 54 more people were murdered in 2015 than the year before, a 13 percent jump in the city's murder rate, according to an April study by New York University's Brennan Center for Justice. REUTERS

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Britney Spears tried to set up Taylor Lautner with sis Jamie Lynn, says John Stamos

Sounds like Britney Spears is definitely on #TeamJacob.

During an interview at the iHeart Radio Music Festival this weekend, John Stamos embarrassed his "Scream Queens" co-star by telling Billboard that Lautner almost dated Jamie Lynn after an attempted setup orchestrated by Brit herself.

"It was a few years ago ... it was a long time ago," the 24-year-old stuttered. "We did not go out."

So we guess that means Lautner isn't on #TeamSpears. He prefers dating pop stars that share his first name.

Lautner, who plays a hunky doctor on "Scream Queens," is single. We're wondering, which of his co-stars would he pick in



ALL PHOTOS GETTY IMAGES

a game of "Who'd you rather?"

As for Jamie Lynn, she is married with a kid so she probably does not give a f— about any of this.

the word

Tell us what you really think, Catherine Hicks

Following the successful family sitcom reboots "Fuller House" and "Girl Meets World," TMZ caught Catherine Hicks en route from a manicure to ask if "Seventh Heaven" would get the reunion treatment as well. The actress, who played matriarch Annie Camden on the

WB/CW series for 11 sea-



sons, said she'd be down with a series reboot — as long as her husband, Rev. Eric Camden, is dead.

"We'd have to open up with Stephen's coffin," she laughs — *mayyyybe* in reference to co-star Stephen Collins, who fessed up to sexually molesting underage girls in a recorded 2012 therapy

session with his then wife.

Hicks brushed off the decision making process off to the powers that be ("It's all up to networks, and those types of things") but makes a suggestion for her character's new story line. "A new boyfriend for Annie," she yuks. We like where your mind's at, Hicks.

Jada Pinkett posts a heartfelt message for her husband's birthday

Brangelina may be over, but at least Jada and Will Smith are here to show us that love isn't dead. In honor of his 48th birthday this Sunday, Jada Pinkett took to Facebook to share a beautiful message about her husband.

"You have been the greatest gift to me," she wrote. "I saw this video yesterday and it reminded me of all the wonderful ways you and I have made a difference together on this planet. We do so much good in this world together, Will, and there is so much more to come," she wrote. "You have been the greatest gift to me in that way, by being a



fire of inspiration in my heart." She added, "I love you always. To the king of kings...happy birthday!!!! Jada."

This was only one part one of the adorable gesture: she also shared a video from Will's trip

to an underdeveloped nation, where the two helped raise \$789,000 for water-project costs. No wonder they're getting ready to embark on their 19th year of marriage. We should all be taking notes.

Lea Michele talks getting naked on "Ellen"

Lea Michele is recently 30 and flirty and chatted with Ellen DeGeneres on Monday about trying new things since her breakup with Robert Buckley back in July. This includes her naked photo shoot with Women's Health UK. Feeling in great shape, Lea Michele didn't hold back on the racy cover. Her "Finn" tattoo (in honor of late boyfriend Cory Monteith) was visible on her rear amongst other tasteful tats. Previously on Broadway,

she knew what to expect and was calm throughout the process of stripping for the camera. "I feel like everyone there was more nervous than I was," she told Ellen.



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Denzel Washington doesn't socialize

The Oscar-winner talks "The Magnificent Seven" and being, as he thinks of himself, pretty strange.



DANIELA PÉREZ
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Believe it or not, but Denzel Washington has never seen the original "The Magnificent Seven." The Western, from 1960, is one of the classics of the genre. It's so popular, in fact, that it's been remade as the new "The Magnificent Seven," starring Denzel Washington as the leader of a group of gunslingers hired to save a town from an evil land baron (Peter Sarsgaard). The two-time Oscar winner, 61, didn't want the original to influence his performance, so he decided not to go back — and still hasn't, to this day.



GETTY IMAGES



Denzel Washington plays Sam Chisolm, a gunfighter out to help a poor town, in "The Magnificent Seven." METRO-GOLDWYN-MAYER PICTURES, COLUMBIA PICTURES

"The Magnificent Seven" isn't merely a story about heroes. These men, including the one you play, live on the edge. It's a story about good and evil, but my character is not completely good.

It's the rare Western to show a black character as an officer of the law. He's a black man on the border that holds a position of authority. Yes, he's a loner, not afraid of anything, and he is

a master with his gun. However, he is not a bully. He is a very sociable guy, an honorable and brave man — you know, just the opposite of me. [Laughs] He is complex and does not usually deal with people.

Did you find some similarities with the character, though? In some ways I'm similar to this character. I'm quite strange, and maybe that was right for this role, you know. I'm not one to socialize much

with my colleagues and that's part of my nature. But there is a lot of talent on screen, that's for sure. I joked around with Chris [Pratt, one of his costars] and called him "Jurassic Boy." I consider him to be a very nice guy. He is a spiritual young man, a great guy. I call him "boy" because for me he's a child, but he is really a mature man and a good guy. I like him a lot and everything he has at hand right now, with his superstardom but it doesn't seem to affect

him too much.

How fun was it to do a Western?

It was very enjoyable. We were always on our horses, all together as comrades who talk, joke — you know, guys who spin their guns. I hadn't had the opportunity before, and I do not know if I'll have it again to make a Western. Perhaps it shouldn't even be called a Western; it's a story that happens on the border, on the edge of the young United States.



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Antoine Fuqua wants more Westerns

The director ("Training Day") talks about bringing an old genre back with "The Magnificent Seven."



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Antoine Fuqua learned about Westerns through his grandmother. She used to watch all the biggies: "Shane," "Duel in the Sun," John Ford's legendary oaters, like "Stagecoach" and "The Searchers." The genre was long dead by the time Fuqua became a director. That's why it's taken him 11 films — including "Training Day," "Olympus Has Fallen" and "The Equalizer" — for him to make his own. When he did, he got to redo one of the classics: His version of "The Magnificent Seven" stars Denzel Washington as the leader of a diverse pack of rogues who agree to save a town from a devilish land-grabber (Peter Sarsgaard).

Tell me about growing up with Westerns.
I was just a kid who loved Westerns. I still do. I even love the sounds of Westerns: the boots on the wood, the wind blowing. I love all that open space and the idea of the frontier — nothing to hide behind,



Director Antoine Fuqua, center, directs Chris Pratt on the set of his remake of "The Magnificent Seven."
METRO-GOLDWYN-MAYER, COLUMBIA PICTURES

except who you are.

Back in the old days, Hollywood actors were used to getting in cowboy gear. Now it's very rare. How did your cast take to it?

They loved it. They don't get to do it that often, to put on that costume: the cowboy hat, the boots, the guns on your side. You could see the kid coming out in everyone. They'd sit on the porch some days as the sun was going down. They were big kids all of a sudden. They were laughing, having a good time — except for me, the director. I'm trying to figure out how to beat the sun before it goes down.

It can't be easy directing horses.

Yeah, they don't know they're in a movie. [Laughs] And they don't care. They do what they want to do. Anything's the bathroom for them. They lift their tail and they're like, "Eff this." You're like, "OK, can we get someone to clean that up?" [Laughs] But they're tough. We'd have explosions and shooting, and that wasn't good for them at all. They wanted to go the other direction.

There's a long line of black cowboys in Westerns, all the way back to Woody Strode in 1960's "Sergeant Rutledge," or Jim Brown, Fred Thompson, Cleavon Little ...
A lot of people don't even know about them. My kids don't know about black cowboys. It's

a Mexican hero, a Native American hero.

Yeah, and Haley [Bennett, female lead], getting involved in the fighting. It's good

a whole new thing to them. But Denzel is just a great actor. He surpasses color. And it's great he is a man of color because young kids can see something different.

He's not the only one: You have a Chinese hero,

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to do that. She's not just a damsel in distress. She can pick a weapon, too. I think the West was like that anyway. You had to be tough to live in the frontier. These people came from all around the world to be here. No one from America is a native American. [Laughs] Everybody's from somewhere else. How can the West be seen as just one way?

It was more diverse than how we think, because of the picture Hollywood was painting at the time, which was based on prejudice. When you saw somebody of color or who was Asian, they were working the railroads or as servants. But you have people like Bass Reeves, who was a U.S. Marshal, a black man. That's never been represented as well. But I didn't set out to make a statement. I just wanted the coolest guys in the movie, who represented the world we live in.

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Elisabeth Moss takes her work seriously, not herself

The "Mad Men" alum talks about her new indie, "The Free World," and being a class clown.



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Elisabeth Moss is doing fine post-"Mad Men," thank you very much. She's done a bit of TV; she's about to return as Detective Robin Griffin in the show "Top of the

Lake." But the actress has mostly been doing lots and lots of movies: "Listen Up Philip" and "Queen of Earth"; "Truth" and "High-Rise." In the indie drama "The Free World," she plays a woman who has just escaped her abusive husband and winds up bonding with an ex-con ("Narcos") Boyd Holbrook. The role requires her to be more hysterical than she's ever been on-screen before. But the Golden Globe-winner, 34, took such scenes



Elisabeth Moss plays a woman who has just escaped an abusive husband in "The Free World," now in theaters and on VOD. **IFC FILMS**

in stride.

Your first scenes here are really intense: you scream, you cry, you throw fits. But I've read you're not the type of actor who has to be the character to play the character.

I'm not a Method actor or anything. It's all pretend for me. I don't take it seriously. I'm a

big believer in leaving it all behind.

How do you get to those intense places then?

For me, I need to get into a quiet headspace. It's more about preserving my energy and not getting distracted. I listen to a lot of music and I have my headphones in a lot. That's my way of getting away from the 50

or 100 people that are there, and making sure I'm in whatever place I need to be in — even if that just means not chit-chatting.

Independent films aren't always easy. Were there things about the film that were hard?

We shot in New Orleans in August. I don't even need to say anything beyond that. [Laughs] It was unbelievably hot. I have never been in weather like that. It was sort of miserable, honestly. [Laughs]

How on earth do you act in extreme heat, as well as extreme humidity?

We had a lot of ice packs that we would put on our wrists and neck, and little fans. And of course, everywhere you go on an independent film, nothing has air conditioning. [Laughs] [My character] wears this beautiful blue dress, and there were two of them. Halfway through the day, the first one would be a different, darker shade of blue, because I had sweated through it. I would have to change into a new dress. [Laughs] I'd never experienced anything like it. It's a beautiful and wonderful place. It was just like, "Oooh, hot in August."

Funny girl

I've read you've been often deemed the class clown on your sets.

[Laughs] I'm very happy with this impression people are getting, honestly. Yes, Vinny [Kartheiser] and I share class clown for "Mad Men." I was super proud of that distinction. You couldn't say anything more flattering about me. I love being on set and I love working; I love the camaraderie of the crew. I'm a firm believer in not taking pretty much anything seriously, and certainly not myself. I take my work seriously, but not myself. So I like to laugh. I like to f— around, I like to make jokes. It's a way for me to get through the day.



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The Growlers mature with help from Julian Casablancas

The self-proclaimed "beach-goth" rockers add post-punk vibes on "City Club."

CHRIS LEO PALERMINO
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It all began in a bar. One night, the wife of Growlers' Brooks Nielsen ran into Julian Casablancas and began talking about her significant other's longtime garage rock group to The Strokes frontman. "We had played with him a long time ago, so there was an initial little friendship, and then that was it," explains Nielsen.

The Growlers ended up working with Casablancas on "City Club," which comes out Sept. 30 on his label Cult Records. We spoke with lead singer Nielsen on working with Casablancas, how the record came together and writing at keyboardist Kyle Straka's ranch house in California's Topanga Canyon.

What was working with Julian like?

It was different. I've never given up that much control ... He's a melody man. He got hands-on with a handful of songs and it was cool.

How did the title track come together?

[Casablancas] had heard two songs that we had and wanted to connect — just keep the verse from one song and the chorus from the other and kind of cut them and put them together. He kind of tried them on the computer — there was a lot of computer work, which I wasn't used to.

Producing so much of the songs digitally must have been bizarre.

Yeah, it was really weird for us. We've done that

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with making demos and stuff a little bit, but not really to that extent ... We're used to making the record in more of like a hands-on, rock 'n' roll approach. But it opened up some avenues, made some things happen that I don't think would've happened otherwise.

What were you trying to do on the record?

Matt [Taylor, the lead guitarist] wanted to go more into a synth world and more away from the stereotype we've been living in for a long time: beach goth. We just kind of wanted to expand a bit musically. Matt and I have always wrote the bulk of the music. There's nothing different in that regard. We did it in the same way that we've done before too, which is cut ourselves off from everybody we know and go up into Topanga Canyon and just really focus on just making music. We wrote about 70 songs and narrowed it down.

You guys are known for pretty exhilarating live shows. Do you have anything specific planned for the upcoming tour?

All in all, we've spent more time in the rehearsal studio in a serious manner than we have before. I'm excited to go out there. I think it's going to be the strongest Growlers anyone's ever heard. Just go out there and have as much fun as we can and just make that s— contagious.



The noirish surf rockers met the Strokes frontman following one fateful night at the bar. PROVIDED

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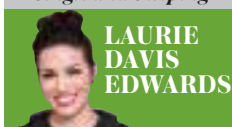
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Silence happens a lot in dating — and not always for good reason. Maybe a match suddenly stops responding or someone ghosts you after a date. Neither of these scenarios feel good. However, there is a time to be silent — and that's when someone you're not interested in messages you on a dating site or app.

"I send everyone who messages me a response — even if I'm not interested — because I hate when people don't reply

to me," a client recently told me.

Her logic isn't wrong. "Treat others as you'd like to be treated" is something we learned in grade school. I agree with her that it doesn't feel good to write a ton of messages ... and then hear crickets from the majority of the people you contacted. But unfortunately, your blow off won't always be viewed with these good intentions. Here's why you shouldn't hit send on that message:

Your message is actually a rejection. The fear of rejection is real — and that's how many people will view your message. While some may appreciate it, many will also be offended.

This also means you'll get many replies from upset people, and your inbox may turn into a war zone. There's no need to break up with someone before you've had your first date.

You're screwing with the algorithm. Most dating algorithms work like this: Whoever you communicate with, it thinks you like, and then it will send you more matches like that person. So when you send a "thanks, but no thanks" message, you may be triggering the algorithm to send you different types of matches than you'd like to meet.

You're giving someone false hope. Having a new message

in your inbox is exciting — you've got another date coming to you! But when your match opens it and finds a rejection instead, you'll bring them disappointment rather than joy.

You'll never have the right words. I've seen people use different strategies for this message — from being vague (I'm just not interested) to superhonest (you seem great but aren't the body type I'm attracted to). Almost always, it still hurts.

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."

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TINA CHADHA
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It's officially fall, meaning it's time to retire your trusty open-toed flats for something with a little more substance. Enter M.Gemi. The online purveyor of trendy, affordable

shoes handcrafted in Italy opened a pop-up shop in SoHo that's taking the guess-work out of internet sizing. Now you can stop in and try on one of its 55 styles — and test out a service that lets you design your own moccasins (monograms included) — in the flesh. But if you fall in love, act fast: The inventory is constantly updated, with new women's styles launching every Monday.

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THIS WEEK'S OBSESSIONS

What our style editor, Tina Chadha, is loving.



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Hip Arthritis Pain? Can Newest Medical Treatments Help Avoid Surgery?

If you suffer with painful hip arthritis and want medical options to surgery — science may have finally found the possible solution you've been looking for.

Here is why: Arthritis develops from failure of internal cells of the joint to produce Synovial Fluid which cushions the joint. Then, wear-and-tear over time can cause the joint to “dry out” and grind down the protective cartilage leading to pain, inflammation and immobility. Let it go too long and your only option may be complete surgical replacement of the hip.

But...researchers and doctors have discovered all-natural gel like medicines that are like “joint oil” and can be used to supplement the joint which is drying out... much like adding oil to an automobile. This all-natural gel is quite similar to the naturally occurring lubricating substances in the hip joint. When doctors precisely place this lubricating gel into your hip

joint — always with the use of a advanced medical imaging - it is like putting oil on a rusty door hinge. It cushions the joint and can decrease pain and promote healing. This is not cortisone and has no side effects. For some, results can be dramatic and last for months - if not longer. *The earlier you treat the hip, the better chance it can help you.*

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Sound therapy

Nonprofit Music & Memory improves quality of life by connecting elderly with songs from their youth.

KATE MOONEY
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The philosophy behind Music & Memory, a nonprofit that facilitates personalized playlists for elderly residents in more than 3,000 assisted living facilities worldwide, is pretty universal.

"We all know when we're listening to music that we love, we're in a better mood," says Dan Cohen, who founded the program in 2010. "And so it's taking that concept and applying it to people who have lost the ability — have lost access to their music."

While the program has improved the mood and well-being of many elderly residents, it has proved life-changing for patients suffering from dementia and Alzheimer's. A viral clip from

"Alive Inside," a documentary about Music and Memory that won the 2014 Sundance Audience Award, shows how Henry, an elderly patient with dementia who had been rendered all but mute, completely transforms when he listens to his favorite songs.

We spoke with Cohen, whose background is in social work, about the benefits of the program and why everyone should have her own playlist.

What are some of the benefits of these personalized playlists for the elderly, with or without dementia?

For people with some form of dementia, they may no longer be able to recognize family members, they may no longer be able to communicate. But when they hear music from their youth, it connects with their emotional system, which is still very much intact.

It keeps people in touch with who they are,

and it helps relax them, which in turn helps reduce the use of antipsychotic medicines. One out of five people in a nursing home is on an antipsychotic. We can get people their music and take them off these drugs.

But the music is not the end goal. At first, I thought great, get people their music! But it turns out that people become

more social. They say, "Oh, you gotta hear this song!" This reminds me of when I met my husband. Or, "You're about my age, remember the Andrews sisters?" They're interacting more. It makes it easier for when family visits, and for staff interaction, volunteers.

How can folks help their loved ones by bringing them music, even before they enter a home?

Everybody should have their own playlist. The

issue is when people come to a nursing home and they have advanced dementia, we say, what music do they like? But they can't tell us. So then we go to their family, but half the people in nursing homes never, ever get a visitor.

We're recommending that all of the elders in your family, if they're home and healthy, give them their music so they can enjoy it now, and then, should they have to enter into the health care system at any point,

the hospital or assisted living, that music travels with them and that will improve their experience. Have that ready to go. We have a free guide for how to create a personalized playlist for your loved one.

The important thing is: There is no downside to this. Worst case scenario, it doesn't work. They turn [the music] off. Best case is, you've just improved someone's life for the rest of their life.

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YANKEES' SEASON A SUCCESS EVEN WITHOUT OCTOBER BASEBALL

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio. @marcmalusis



The Yankees are playing meaningful September games. Who would ever have thought that after the trades they made in late July?

Are they a playoff team? I don't think so. They certainly have not shown that they are with their play the last week. After the sweep last weekend at the hands of the Red Sox at Fenway Park, you certainly got the feeling that an October playoff appearance was not going to happen.

It does not matter, though, because this season is a success without a playoff appearance. What did I just type? You read it: The Yankees' 2016 season is a success without a playoff appearance.

Now, that goes completely



Gary Sanchez has given Yankees fans plenty of hope for future championships. GETTY IMAGES

against what the Yankees were about as an organization under George Steinbrenner, when every season was about winning the World Series. If you did not win the Fall Classic, the season was considered a failure.

So why is it different now? It is different because of the very fact that the Yankees have not been a championship caliber team in quite some time. They have not won the World Series since 2009. Since that championship, it has been a slow decline to what we have witnessed in 2016. What the Yankees represent now, though, is hope.

"The Kraken" is a legendary sea monster of giant size that was said to have dwelled off the coast

of Norway and Greenland. The Kraken now resides in the Bronx, and Yankees GM Brian Cashman talked about releasing the Kraken. Well he has, and the Yankees and major league baseball will never be the same.

For that reason, it is the rookie Gary Sanchez who leads the procession of hope. If you would've told me I would have been writing about Sanchez having this kind of impact eight months ago, I would have told you that you were crazy. But, he has been that good, historically good. Good to the point that his at-bats are now drop-what-you-are-doing-and-watch moments. He has been so locked-in that even if there was a book on how to pitch to

Sanchez, it has been rewritten at least a half a dozen times. He hits everything that is thrown at him and does it with a confidence for a rookie that we have not witnessed in this city in quite some time.

Rare is the feat that a rookie can capture the imagination of this city as quickly as Sanchez has. Maybe it was the low expectations since he struggled in spring training down in Tampa and did not break camp with the club. Maybe it was the reports from scouts that he had a major league bat, but there was a concern about his defense. If you have seen him make one throw, though, you know there is not one concern about his defense. His bat has been on display for all

of us to bear witness.

Maybe it was the fact that Yankees fans have heard about Sanchez since they signed him as a 17-year-old from the Dominican Republic in 2010 and this has been a slow-moving process to get to where he is now. But it's been worth the wait.

In 45 games and 172 at-bats he has 19 home runs and 38 RBIs and is hitting .337 with an OPS of 1.152. Who ever saw this coming? If the Yankees thought he was going to be this good, this soon, Sanchez would have been called up a lot sooner than he was. He wasn't, and they didn't. But here he is flashing his brilliance on a game-by-game basis. He has played in just 45 games, but even

with that being the case he will draw serious consideration to win Rookie of the Year in the American League because his impact is unquestioned.

In Sanchez, the Yankees and their fans see hope. Hope that he is the first big piece to an "uber" team that Cashman has talked about - a championship contender year in and year out. Hope that the 28th World Series title is not that far off. Hope that what we have all witnessed is not just a flash in the pan, but the beginning of a brilliant career.

That might be a lot to put on the shoulders of a 23-year-old rookie. But with every snap throw to first to pickoff a runner, the legend builds. With every rocket throw to second to catch a base stealer, the legend grows. With every long majestic homer to center, left or right field, the legend builds even more. What we have witnessed this late summer is a thing of legend and it was the play of Sanchez that built the narrative.

He deserves the accolades and the praise. He helped lead the way in changing the narrative of this Yankees season. Instead of it being a lost season widely viewed as unsuccessful, it is the complete opposite.

Sanchez represents hope and is the face of the future. Yankees fans and management are excited and they have every right to be. Sanchez continues to provide the answer to the question, "who will be the next great Yankees homegrown player?" 2016 has provided that answer.

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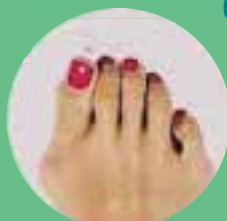


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A LOOK AT THE REAL TEAMS, AND THE FRAUDS OF THE NFL

MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter
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We're three weeks into the NFL season, and it's already become clear that there just aren't too many good teams in the league. You can't trust anyone, outside of two, maybe three teams. Here's a look at the league as a whole, broken up into three categories.

For real, like really real

Patriots, Broncos, Vikings

That's it. These are the only teams I trust.

Very strange that the quarterbacks who have led this group of elites so far are as follows: Jimmy Garoppolo, Jacoby Brissett, Trevor Siemian, Shaun Hill and Sam Bradford. Not exactly the QB class of 1983 here.

As for the teams folks

might take umbrage with by not being on this list: The 3-0 Ravens – they beat Buffalo by six, Cleveland by five and Jacksonville by two ... cue slow clap GIF. The 3-0 Philadelphia Eagles – I think Carson Wentz is going to be excellent in this league but teams with a better secondary than the Steelers are going to figure him out soon. Pittsburgh Steelers – three points against a team that went 7-9 last year? That was a pathetic performance, even on

the road against a jacked Philly fan base.

“You’re f—ing your way to the middle!”

Comedian Jeff Ross directed this line toward Pamela Anderson during the gold standard of all roasts 11 years ago. Not only does it apply to Anderson and the buffet of C-listers she bedded over the years, like Bret Michaels and Marcus Schenkenberg (who?), it

applies to about 88 percent of the current NFL.

Seriously, there's parity – and then there's what we're getting this year. In other words, if you're in a suicide betting pool – you're not making it to Columbus Day.

Here are the teams that could wind up anywhere from 10-6 to 4-12: Jets, Dolphins, Bills, Ravens, Steelers, Bengals, Browns, Texans, Chiefs, Raiders, Chargers, Eagles, Giants, Cowboys, Redskins, Packers, Lions, Falcons, Buccaneers, Panthers, Saints, Rams, Seahawks,

Cardinals, 49ers.

That's 25 teams!

I get that it's early and one or two of the teams in this group will emerge from the pack and be legitimate Super Bowl contenders by mid-November, but it's startling how much mediocrity there is.

2017 plans underway

The Browns are tanking. There's no other way around how they lost that game in Miami on

Sunday.

The Jaguars, everyone's early season darling, are now 0-3 and Gus Bradley just replaced Rex Ryan as the head coach most likely to be fired by Halloween.

As for the Bears – John Fox is like Jeff Fisher without the dirty pictures of his bosses. Fox underachieved in Denver and went 6-10 last season with Chicago. He hasn't overachieved or even met expectations in over a decade. His seat is as hot as Charissa Thompson on the Fox pre-game show.



It's looking like the Jets have a quarterback problem again after Ryan Fitzpatrick had an all-time stinker on Sunday. GETTY IMAGES

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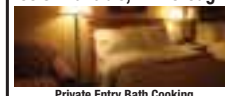
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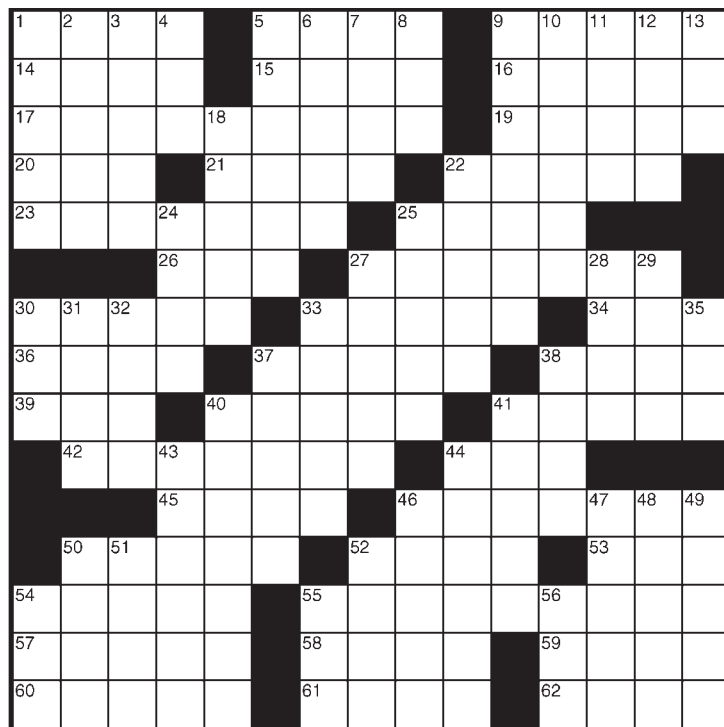
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- 3 Economy-size
- 4 Always, to Poe
- 5 Rats!
- 6 Pursue relentlessly

- 7 Quaint lodgings
- 8 Ceiling
- 9 Creamy blossom
- 10 Staring rudely
- 11 Cafe au --
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- 13 A mouse!
- 18 Post-op therapy
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- 27 Laded
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- 51 Klutzes
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- 54 -- de mer
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hard

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Taurus Get involved in the game of life. Attend events that will bring you in contact with people from different backgrounds. Romance is encouraged.



Gemini Stick close to home and the people you can trust. Do not give in to pressure. Do what's best for you and your family.



Cancer You should mix business with pleasure in order to impress an influential person. Networking will position you for advancement.



Leo Get together with people you can learn from. Build confidence among your peers. A carefully executed plan will lead to an unexpected and welcome proposal.



Virgo Take care of minor details when dealing with institutions, government agencies or authority figures. Do what needs to be done and plan to celebrate your victory.



Libra Until the time is right, don't divulge information that can help you control a situation. Getting angry and overreacting will not encourage others to support your plans.



Scorpio Personal improvements will boost your confidence. Whether you change your lifestyle or your physical appearance, it will give you the push you need to excel.



Sagittarius Don't sit still when there is so much you can accomplish. Prepare to take action and pursue your goals. A business trip or meeting will pay off.



Capricorn Don't mess with the rules or regulations, especially while traveling or dealing with institutions or government agencies. Don't assume anything.



Aquarius Share your concerns. Refuse to let anyone pressure you into something that doesn't interest you. Avoid donating to something you know little about.



Pisces A former co-worker will have a solution to a problem you are facing with an authoritative individual. Plan your actions carefully. **EUGENIA LAST**

Yesterday's answers

POW	PEAL	SIBS
RUSH	EDGE	KNUTE
ELHI	TOUGH	TOUT
PLANET	AGA	HYDE
ELIA	YIPE	
LANDLESS	REWARM	
ACE	ESSEN	CAMEO
TOPS	TENET	YARN
TRAPS	TOWED	NAE
ENLIST	RELEVANT	
KNEE	LEAN	
INGE	RNS	GLEAMS
WOOLGATHER	CPAS	
WIRED	RATA	KENT
RYES	EDAM	SSE

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 solutions

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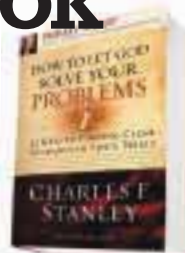
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